

DINNERLY



Balanced Texan Barbecue Chicken with Mashed Potato and Roasted Veg



40 minutes



2 Servings

A medley of golden roasted veggies, chicken pan-fried in smoky dry-rub spices (much healthier for you than sweet barbecue sauce!), and a mound of mash make for dinner that's no-fuss, nutritious and brimming with flavour.

WHAT WE SEND

- 200g beetroot
- 1 carrot
- 1 zucchini
- 2 potatoes
- free-range chicken tenderloins
- 5g smoky barbecue seasoning ¹⁷

WHAT YOU NEED

- 1 garlic clove
- 1½ tbs olive oil
- 1 tbs milk ⁷

TOOLS

- 2 oven trays
- baking paper
- medium saucepan
- potato masher
- medium frypan

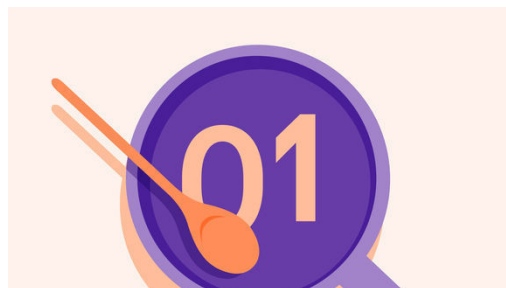
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens.

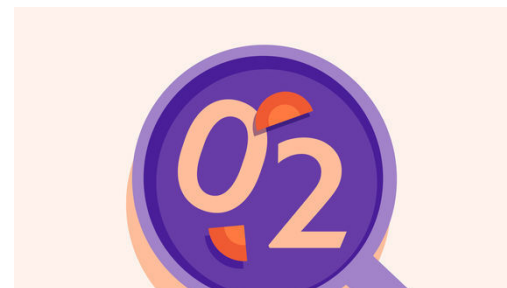
NUTRITION PER SERVING

Energy 565kcal, Fat 15.1g, Carbs 51.2g, Proteins 43.4g



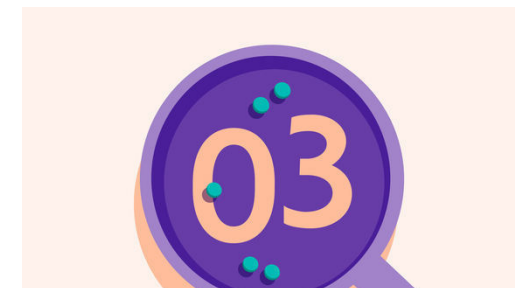
1. Prep ingredients

Preheat the oven to 200C. Line 2 oven trays with baking paper. Peel the **beetroot** and cut into 2cm-thick wedges (see Make it faster). Peel the **carrot** and halve lengthwise, then halve widthwise. Halve the **zucchini** lengthwise and cut into 3cm chunks. Peel the **potatoes** and cut into 3cm chunks. Crush or finely chop **1 garlic clove**.



2. Prep veggies

Put the **beetroot** and **carrot** on a lined tray, drizzle with **2 tsp olive oil** and season with **salt and pepper**. Put the **zucchini** on the remaining lined tray, drizzle with **1 tsp olive oil** and season with **salt and pepper**. Toss the **veggies** to coat.



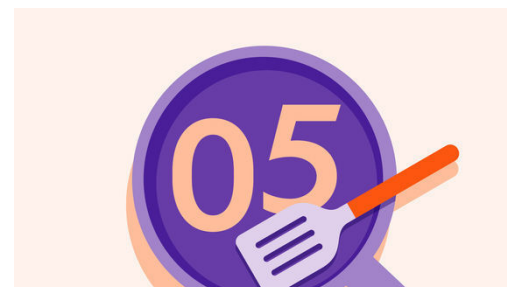
3. Roast veggies

Roast the **beetroot** and **carrot** on the lower oven shelf for 15 mins. Add the **zucchini** on the upper shelf and roast for a further 20 mins or until the veggies are tender.



4. Make mash

Meanwhile, put the **potato** in a medium saucepan of cold salted water and bring to the boil. Reduce the heat to medium and cook for 13-15 mins until tender. Drain and return to the pan. Mash the potato until smooth, then add **1 tbs milk**, season with **salt and pepper** and stir until well combined.



5. Cook chicken and serve up

Put the **chicken**, **garlic**, **barbecue seasoning** and **3 tsp olive oil** in a bowl. Season with **salt and pepper** and toss to coat. Heat a medium frypan over medium-high heat. Cook the chicken for 3-4 mins each side until browned and cooked through. Remove from the pan and thickly slice. Divide the **mash**, **chicken** and **roast veggies** among plates. Enjoy!



6. Make it faster

We cut the beetroot and carrot into large pieces, but to speed up cooking, simply cut into 2cm chunks.